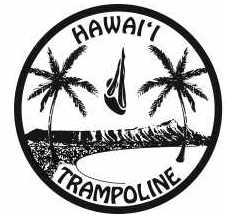


Hawai'i Academy's

FITNESS NEWSLETTER



November 2008

A Private School for Lifetime Fitness, Gymnastics, and Human Sciences

Volume 10, Issue 11

Upcoming Events

10/30-11/16 **Cirque du Soleil's SAL-TIMBANCO** shows, NBC, \$40-95/seat
 Nov 11 **Safe Falling Workshop**, 10a-12p at HA, \$30
 Nov 14 **Parents' Night Out**, 6-10p at HA
 Nov 14 **Fall-Fest Exhibition by HA Trampoline Team**, Fort Shafter Elementary School, 5:30-8p.
 Nov 17-23 **WINTERSHOWCASE**, All Week During Classes (Parent-Teacher Mtgs)
 Nov 21-23 All Japan Tournament Championships, Kakegawa (skip this year)
 Nov 27-29 Thanksgiving Holiday,
No Classes / No Team Practice
 Nov 28-30 Slavic Games, Vitebsk, Belarus 11/30-12/08 Pan-American Championships, Nani represents the US to qualify for the PanAm Games, Buenos Aires, Argentina
 Next Issue Submission Deadline: 27 Nov 2008

See This Newsletter In Color & Magnified Font at:
<http://www.hawaiiacademy.com/web/Newsletter/0811Newsletter/0811Newsletter.pdf>

Vision

We envision a society in which everyone, regardless of age, enjoys health, fitness, and a quality of life that is enhanced through regular physical activity. We wish to inspire an approach to wellness that encourages children, teens, adults, and seniors, regardless of physical ability, to acquire and maintain a level of personal fitness that permits their enjoyment of the activities of daily living and extends their yrs of functionality and independence. We train athletes in numerous competitive athletics programs, including the Olympic sport of trampoline gymnastics, in which we seek to achieve international recognition for excellence. We strive to improve community wellness by promoting an appreciation for and a better understanding of physical education, the human sciences, and the effective use of technology.

Mission

1. To provide private education for children, teens, adults, and seniors that promotes life-long fitness, an understanding of human sciences, and the effective use of technology in order to extend one's years of functional independence.
2. To conduct research on lifespan changes in fitness and neuromotor functioning, and train students to be investigators and intelligent consumers of scientific information.
3. To explore human development and intergenerational cooperation in the context of optimal designs of products, environments, and systems.

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Explosion of Students Over 70 Yrs Young

Huge Turn-out Following Newspaper Article on One of Our 89 Year Old Jumpers

An article appeared in the Honolulu Advertiser (23Oct08) that caused 45 seniors to signed up for trial lessons and over 20 to register for safe falling workshops. The article, by Ms Paula Rath, features Prof Helen Merrick, an 89 yr old on the senior trampoline team at Hawaii Academy. Please see the article at: <http://www.honoluluadvertiser.com/article/20081023/LIFE0301/810230301-1/BACKISSUES?GLD=xOeiZaXQL7qcm/reoQ6wCFEVfjasMMZLB6bH20ScvKo%3D>



Photos by BRUCE ASATO | The Honolulu Advertiser

These photos were taken from Ms Rath's article to help show what inspired seniors in Honolulu to read the article and contact the Academy to try classes. A woman read the article on line from Calgary and arranged for her father, living in Honolulu, to attend. A senior man from Minneapolis is coming to Honolulu for a week of intense training to be certified for teaching safe falling techniques in Minneapolis. Several calls have come in from the mainland asking if there are such programs in their area. We were



overwhelmed by over a hundred contacts in the two weeks following Prof Merrick's story. Because of the interest we have opened another seniors exercise class on Tuesdays 12:15-1:45p.

However, this sudden influx of seniors has caused an economic hardship for the school. For 11 years HA has provided free tuition for seniors (60+yrs) mostly because these students were the grandparents and great-grandparents of families paying tuition for their children to attend classes. Our senior students exemplified our mission to provide instruction to ALL ages and abilities. They are our best role models. We believe children become active adults by seeing their parents exercise and those that have active grand parents are likely to assume that people enjoy their physical activity throughout elder life. The cost of the Monday senior exercise class has been \$5,000/yr for just the instructors. With the Monday class bursting at 37 students and parking an impossible situation at that time, we had to



open the Tuesday class of 20+ and will be forced for the first time to charge tuition. Beginning in December our senior students will have to pay \$20/month to remain in their classes. We regret having to do this as we know it will be a hardship for some. Current members are discussing senior fundraising opportunities in hopes of getting a scholarship program started to help those who cannot afford tuition and to earn the entry fee for seniors to compete in the Hawaii Trampoline Championships.

If anyone knows of potential sponsors or would like to make a donation to the senior exercise classes or team program, please phone the Academy Director at 808.741.2223. [Donations are tax deductible because our booster club is a 501c3 non-profit organization.] We wish to expand the opportunities for seniors... not shrink them. Thank you for helping the cause.

Senior Flexibility & Fitness Classes (2/wk). Each Monday 10:15-11:45a and Tuesday 12:15-1:45p senior students (60-100 yrs) gather to show weekly progress on improving their joint range of motion and overall fitness. Tuition is \$20/month and registration is \$60/yr.

Senior Team Training (2/wk). In addition to the senior exercise classes a team of 60-100 yr olds train for the three trampoline competitions held in Hawaii each year. Their practices are on Fridays 4:30-6:30p and whenever they wish to train with younger athletes in HA's sport programs (7days/wk). Tuition is free but an equipment maintenance fee of \$30/month is required plus the annual registration fee of \$60/yr. Total meet fees are about \$150/yr.

Additional Information

Please contact Dr Max Verduyssen or Tatu Joan Kufferath by phoning our office at +1.808.842.5642 (messages taken 24/7; receptionist available Mon-Fri 2-8p HST, Sat/Sun 8am-5pm HST).

THE CIRCUS IS IN TOWN: CIRQUE DU SOLEIL'S SALTIMBANCO

The show is FANTASTIC! Please make every effort to see this while it is town (30Oct-16Nov). This is the closest you get to Las Vegas Cirque entertainment... and its

at the NBC with two performances per day at various times (1, 3:30, 5, 7p). Tickets cost \$40-95 and are well worth it. The male acro duo (left) trained at HA before this show

started. For more information go to their website at <http://www.cirquedusoleil.com/CirqueDuSoleil/en/showstickets/saltimbanco/acts/hand.htm>



EXPERIENCE A HIGH INTENSITY, ACROBATIC SPECTACLE



Annual Events at Hawaii Academy

Trampoline & Fitness Meets (3/yr)
Slumber Parties (2/yr)
Safe Falling Workshops (11/yr)
Open House / Showcases (2/yr)

Jan 9-11, Mar 26-29, Oct 18
6pm-8am Dec & Aug
2 hours (almost monthly)
during classes Nov & Mar

See website: www.hawaiiacademy.com/web/special.html/

Read This Newsletter On-Line for COLOR, HYPERLINKS & MAGNIFIED TEXT



Physical Education and Recreation News

Over 85% of the Academy membership takes classes in the PE/Rec Department. The **Movement Education** (ages 1-5 yrs; Parent-Tot & Preschool; Mr Michael Nakashima, Program Head) and **Recreational PE** (ages 6+ yrs; Beginners, Intermediates, Advanced, & Teens; Ms Justine Perkins, Program Head) **Programs** are the largest subsets of the department. Recently these programs implemented proficiency-based curricula in the form of instructional units with required skills for advancement to higher levels.

The ME program builds confidence and appreciation of fitness and sports in young children. Basic locomotor skills, balance, coordination, and social interaction are taught in a positive and encouraging manner. The equipment and events are modified to accommodate smaller bodies and shorter attention spans. Although students may advance on an accelerated schedule based on ability, the classes are generally grouped by age of the students. Our classes are called Parent-Tot (1-3yrs), Preschool (3-5yrs; PS345, PS34, PS45), and PS/Beg (for ages about 5-8yrs before they are split to a PS class and a Beg class). The PE program is based on 1-hr to 2-hr classes that advance in abilities with classes grouped by ages beginning at about 6 yrs. In development are fitness tests and progress reports.

Please contact the program heads if you have comments or wish further information.

We have **10 Parent-Tot (Ages 1-3 yrs) Classes** per Week (start times): Mon 9a; Tue 2p; Wed 9:30a; Fri 9:30a; Sat 8:30a 9:30a 10:30a 11:30a; Sun 8:30a 9:30a

We have **30 Preschool (Ages 3-5 yrs) Classes** per Week (start times): Mon 12p 3p; Tue 1-6p; Wed 10:45a 3-6p; Thu 3-5p; Fri 3 5-7p; Sat 8:30-12:30p 1-3p; Sun 8:30-12:30p 1-4p.

Special Events & Programs Department



This department administers all events, activities, and programs *not* covered by the other seven departments. Often ideas and entire programs are developed in this department and then moved into a permanent home in say Athletics or Physical Education/Recreation.

Regularly Hosted Events:

Summer School (& EPIC Academics)
Clinics, Workshops, Seminars
Camps & Fun Care During School Breaks
Fundraising Special Activities
2 Annual Slumber Parties
3 Local Athletic Competitions
2 International Athletic Competitions
Development of New Classes & Programs
2 Open Houses of Student Achievement

Contracted Private Services:

Birthdays Parties & Celebrations
School Excursions
Off Site Contracting
Slumber Parties
Private Events (Parties/Meetings)
Private Lessons
Exhibitions & Demonstrations
Special Performances
Facilities & Equipment Rentals

If you wish to contract an event, rent equipment or facilities, or get more information, please see Special Events on our website or contact Ms Justine Perkins, Special Events and Programs Department Chair.

Adult Fitness and Gymnastics Classes



INSPIRING!

Sat	1-3p	Justine
	3-5p	Julian
Sun	10:30a-12:30p	Mike
	3-5p	Dr Mah
Tue	7:30/8-10p	Dr Mah
Thu	7:30/8-10p	Dr Mah

FUN!

Try a free adult class. You'll love it! If you want to continue, it is 1/2 price, \$60 / month for 2 hours/wk, less with a family discount if your children are also members (\$30/mon ... that's \$4/hr), and you can make up whatever classes you miss. **Ask about Adult Teams**

2008 Safe Falling Workshops



Falls are inevitable but injuries are preventable!

We have initiated a campaign to reduce the number of injuries that could have been prevented with safer falling mechanics. These workshops are for all ages and can change the way you contact the ground forever. \$30 for workshop, \$75 for a certificate to teach workshops (3 sessions & tutoring). We are developing curricula for public instruction of safe falling techniques. Upcoming workshops are:

11Nov08 Tue 10a-12p, 11Dec08 Thu 6-8p, 26Jan09 Mon 2-4p, 17Feb09 Tue 2-4p.

Seniors Exercise & Rehabilitation

Senior (60+) FlexFit classes are Mondays 10:15-11:45a and Tuesdays 12:15-1:45p. Tuition is \$20/mon. Our oldest student turns 98. They are great classes, **give one a try...** Phone 842.5642 now! Falls are the leading cause of fatalities and injury-related hospitalizations among Hawaii senior citizens 65 yrs and older. There are too many fatalities (in 1998, 4.7 deaths/100,000 in the US; 5.6/100,000 in Hawaii) and injuries from falls that could have been prevented by the training of safe falling habits/skills/maneuvers. Improve your fitness and safe falling techniques in this class. Enjoy friends of your age and get challenged to do more than you thought you could.

Add Tumbling Classes



HA has the only regulation power tumbling rod floor in Hawaii (110' + 60') and the best rebound (flipping & twisting) facility in the Pacific. The head of our tumbling program, Mr Makoto Sakamoto, is a 3 time Olympian and 43 time NCAA champion in men artistic gymnastics. We have the facility and the instructors/coaches... and our prices are unbeatable (just \$30/mon to add a class = \$7.50/hr). Try one and **ADD A TUMBLING CLASS** to your current schedule!

Adaptive & Special Education

The Academy aspires to provide educational programs for ALL ages and ABILITIES. We have special classes for physically, mentally, or emotionally challenged students. We offer special needs developmental classes on Tuesdays 2:45-3:45p (**Mr Mike Nakashima**) and Fridays 3-4p (**Mr Julian Simee**). On Mondays 10:15-11:45a and Tuesdays 12:15-1:45p we have a special seniors (60-100+ yrs) exercise classes (**Mr Mike & Dr Max**). By appointment we also offer individual assessments, personal training, and other clinical services. We have many success stories about progress in coping with Alzheimer's Disease, Parkinson's Disease, Down's Syndrome, ADHD, Balance Loss, Vertigo, Strokes, Illnesses, Confusion of Neuromotor Functions, and other challenges.

Student of the Month



Student of the Month (1-5 yrs)

Jonah Sa-blán 5, has the best attitude in Ms Joelle's classes.



Student of the Month (6-18 yrs)

Sydney Senter 6, the most disciplined athlete on the State



Student of the Month (19-59 yrs)

Laurie Harris 57, best artistic gymnast over 50; a tramp judge, too!



Student of the Month (60+ yrs)

William Harris MD 78, celebrating his 60th year of jumping trampoline!

Parents' Night Out & Friday Fun Night

Parents! Ever feel you need a night out without the kids? Bring them to the gym and let us watch them for four hours while you rest, catch a movie, or just have a quiet dinner alone. They can run and play from 6p until 10p for only \$20 per person (Academy members pay only \$15 each). This is a monthly fundraiser for equipment maintenance. Activities are supervised by coaches, advanced team athletes, and parents from the team booster club. Bring friends and snacks or money for items from our concession. Several parents have commented that our PNOs allow them to schedule personal time together that they wouldn't normally have. **Bring your children's friends as guests.** This event is also called **Friday Fun Night** because it is a great evening of enjoyable activities and mini-lessons on the best rebound equipment in the Pacific. The next PNO/FFNs are **14Nov 08 30Jan09 13Feb09 06Mar09 17Apr09 15May09 12Jun09 10Jul09.**

Winter Open House

17-23 November is Hawaii Academy's semi-annual open house for all classes and team practices. This is a forum to insure the student, client (usually a parent) and the instructor are on the same page. It is a chance for the student to show the progress they have made... for the instructor to communicate the student's strengths and weaknesses... for the client/parent to understand the process and show support. Remember to communicate with your teacher about student progress and upcoming events.



HA State-Level Teams

Hawaii Academy athletes compete only at the state level. Those athletes competing on the mainland and internationally do so as part of the Hawaii Trampoline Associations which rents space at HA to train. Seven coaches train the state athletes on Monday, Tuesday, Friday, Saturday, and Sunday (Wednesday and Thursday will open as the program grows). Currently the Sunday coach is Ms Wendy Rosen; the Friday coach is Mr Spencer Dupio; the Monday coaches are Mr Baron Yamamoto and Ms Nani Verduyssen; the Tuesday coaches are Ms Justine Perkins and Mr Ken Goto; and the Saturday coach is Mr Baron Yamamoto.

This program is for students (~18 yrs) that are interested in more than just intermediate/advanced recreation classes. It is intended to train athletes for competition on Oahu and Maui. This is an inexpensive entry to competitive gymnastics. All training culminates in the Hawaii Championships (March). All expenses, parent obligations, and athlete commitment are designed to be minimal. The cost is \$150/month for HA tuition plus \$40/month to HABC for equipment maintenance (or \$360/yr), about \$80 for uniform, and about \$120 for meet entry fees during the year. No previous trampoline experience is required. Practice 2-10 times per week according to school and family schedules and personal interest. Invite your friends. Contact the office to try a free practice and then a trial month or talk to State Teams Head Coach Nani Verduyssen.

Hawaii Academy Booster Club

Each HA athlete must participate in the HABC, directly if over 18 yrs, or by parent proxy if 18 yrs or younger. The athletics department and all our teams cannot function without an active booster club. Here are the key contact officers:

- Mr William (Sr Master Sgt Wilky) Wilkinson, HABC President, William.Wilkinson@hickam.af.mil
- Ms Mailie (Staff Sgt) Bottorf, HABC Secretary, nau-ko-u-aloha-mau-ko-u@yahoo.com
- Mr Baron Yamamoto, Representative for Athletes 3-6 Yrs, Baron.Yamamoto@L-mobile.com
- Mr Fred Sanidad, Representative for Athletes 7-10 Yrs, FSanidad@platinumc.net
- Ms Jane Miyake, Representative for Athletes 11-18 Yrs, JaneMiyake@yahoo.com
- Ms Paula Hamilton, Representative for Athletes 19-59 Yrs, PaulaJHChang@yahoo.com
- Ms Joan Kufferath, Representative for Athletes 60-100 Yrs (no email address, 842.5642)

Tuition for athletic teams pays coaches and administrative salaries with no contribution to operating expenses. The equipment maintenance fee (\$360/yr) simply pays for use of the best rebound equipment and facility in the Pacific. HABC hosts 3-4 meets per year and an end-of-year awards picnic, and helps with social events (slumber parties and Friday Fun Nights) as well as gym construction/maintenance. Thanks for your support!

Elite Teams



Athletes 6+ yrs eligible for selection onto pre-elite and elite teams. Training costs \$300, \$400, or \$500 per month for tuition depending on ability level (pre-elite, junior elite, or senior elite, respectively) for a maximum of six 4-hr workouts per week with tutoring on personal training at home. Also, a \$2,000 deposit is required to cover the elite coach's travel expenses for the year (total cost based on number of trips traveled, usually \$2-6k). Dr Max Verduyssen is the head coach and Dr Donna Mah is the assistant coach and physician. Contact Dr Max to audition, try a practice, and then try a month before committing for the year. Coach Nani is overseeing training during 2008, the 'down' year of the quad cycle of training for 2012.

Junior Teams



For those 6-14 yrs that are interested in more than just intermediate/advanced recreation classes and want to be with others of the same age but don't necessarily want to train a lot, try a Junior Team. The tuition is \$200/month. No previous experience is required. Train during any of the 2-hour team practices. Kira Verduyssen is the head coach, but you may select any coach and any practice (that is not full) to fit your schedule. Contact the office to register and Coach Kira to start. **Invite your friends!!!** Also consider a traveling team at this level—the two main meets for 2008 are US Junior Olympic Nationals and All Japan Junior Championships.

High School Teams (2008 Hiatus)



For those in high school (~14-18 yrs), that are interested in more than just intermediate/advanced recreation classes and want to be with other teenagers but don't want to train a lot, try a High School Team. The team fee is \$200/month for 1-7 days of training/week. No previous experience is required. Train during high school training hours or select any other team practices. Contact the office to try a practice and to register. Contact Coach Mia Verduyssen for more info and to start. **Invite your friends!!!**

Collegiate Teams (2008 Hiatus)



In 2006, Hawaii Academy started the America's first Collegiate Trampoline program. **Kira Verduyssen** and **Matt Moniz** (students at the University of Hawaii) were pioneers in this new venture, just as they were the first athletes from Hawaii to compete in the USAG Nationals back in 2002. They competed in the 41st All Japan International College Championships in Osaka in August and the International German Universities Championships in Freiburg in January 2007. Hawaii competes as an 'all-star' team meaning athletes may attend any college in Hawaii (some competitions require full-time status) and **ability is not a limiting factor**. There are three skill divisions: Class C for those with no experience performing routines with no or few flips, Class B for 1-2 flips in a 10-bounce routine, and Class A for international level athletes. Regardless of your experience, **TRY A FREE TEAM PRACTICE**. Phone 842.5642 for details and talk to Coach Kira or Dr Max.

Adult Teams



For those 19-59 yrs, that are interested in more than just the adult classes, try an Adult Team. The fee is \$100/month for tuition and \$360/yr equip maintenance. No previous experience is necessary. Select any of the 16 2-hour team practices and prepare your routines for our four meets a year. Dr Mah is the head coach, but you may select any coach and any practice (that is not full) to fit your schedule. **Contact the office to register and Dr Mah to start.**

Senior Teams



For those 60-100 yrs, that want more than just the seniors classes, try a Seniors Team. The team fee is \$30/month and the tuition is free. Select any of 16 2-hour team practices or other times throughout the week and prepare your routines for our four meets a year. Dr Max is the head coach, Tuto Joan Kufferath the assistant coach but you may select any coach and any practice (that is not full) to fit your schedule. A \$300/month value! **Contact the office to register and Dr Max or Tuto Joan to start.**

Upcoming Events

November

Winter Open House

HA athletes will be showing family and friends their routines during regular team training in our annual Winter Open House the week of 17-23 November. It's showtime, but not a competition. Coaches and teams will highlight athlete achievements at this point of the year.

December

PanAmerican Championships

Nani Verduyssen will compete in her first international meet as a senior member of the US trampoline team. She is competing third best behind Alaina Hebert and Alaina Williams. Normally the minimum age for seniors is 18 that year but Nani is an exception at 16. The meet is in Buenos Aires, Argentina. Good luck Nani!

Winter Slumber Party

Sign up for the Winter Slumber Party to be held Saturday, December 20th, 6p-8a. Bring friends and have a great time. \$30 contribution to the equipment maintenance.

Handspring/Flip Clinics

Sign up for some of the 14 clinics planned for December to further develop forward and backward handsprings and somersaults. Each 2hr clinic is intense, focused, and well worth the \$25 donation. Bring friends and learn a lot!

Congratulations!

Nani — Stars & Stripes Cup Winner

Nani Verduyssen won another cup for being champion at the annual Stars and Stripes Cup in Colorado Springs, CO, at the US Olympic Training Center. She was first in synchro with partner Alaina Williams (TX) and second to Williams in the individual competition. These results qualified her for the Pan-American Championships in Buenos Aires, Argentina, in December.



Dr Harris — 60th Year Jumping Trampoline 2008 marks the 60th year of jumping trampoline for retired emergency doctor William Harris, who is 78 yrs young. We are looking for someone now living that has done more bouncing than Dr Harris. We think he has bounced more than any person alive. For many years he jumped at McCulley Recreation Center for two hours each Monday, Wednesday, and Friday on his own trampolines. He has been jumping at Hawaii Academy where the McCulley gym is undergoing renovation. See him do triple twisting triple somersaults on bungee tramp Tuesday and Thursday evenings 8-10p. Recently he completed 1,000 sky dives. **Wow!**

Member Birthdays in November



1— Sheridan Sano, Faith Kong Kee, Sophia Taniguchi, Kacie Sakamaki 2— Zachariah Leoiki-Drino, Harmoni Brennan, Alana Hirano, William Schulz 4— Aiden Montemagno, Nicholas Pang 5— Kaiya Inouye, Taryn Nakamura, Robyn Keith 6— Taylor Kahaulieilo, Esabelle Chow, Kira Hayashi 7— Kacie Sumikawa, Kailee Shiraishi, Courtney Johnson 8— Ashley Leong, James Kawauchi 9— Sarah Nishigata, Leela Goo, Iris Onoyama, Shalei Okamura, Cova Li, Kiara Arakawa-Taum 10— Bradley Nomura 12— Josian Luaifofo, Reef Inoue, Keli Kaiura, Audrey Effler 13— Daniel Cabla, Hiliha'i Fabrao, Ryan Nakazaki 14— Ashley Eala 15— Jasper Freedman 16— Macie Miyamoto, Andrea Zeebe 17— Maleah Kanayama, Kamil Benabdallah, Megan Gleason, Eleanor Nakama-Mitsunaga 18— Joydyn Hayashi 19— Joe Veil 20— Trevor Tamashiro, Mary Wunsch, Michiko Kusaka 21— Brandon Tsang, Debi Chun, Courtney Lee 22— Katie Shim 23— Royanne Santo, Thomas Loui 24— Blythe Yoshikane, Lauren Kim, Emily Kawaoka 25— Emma Ferran, Cameron Cano, Mana Ishida, Luukia Wong 26— Allyson Nakatsuka, Kamalei Levy 27— Lawrence Chang 28— Jonathan Yoshimoto, Chase Yamaguchi, Spencer Nakasato 29— Haley Hosino, Aaryk Iwamoto, Kellen Bauman 30— Hailey Hraba, Kyani Uchimura, Geneva Kwaku, Krista Ruggieri, Jean Wall

(Please let us know if we missed anyone)

Please wish them a Happy Birthday!

Phone the Academy to book your birthday party, graduation party, celebration, excursion, or other special event. Activities are usually 90-120 min in length including 30 minutes for eating and rest. Cost: \$200 minimum for up to 15 participants, \$10/participant after 15 (**20% discount for HA members**). Book early, select your party instructor from among our qualified staff, plan the event, complete the contract and pay the \$50 deposit, as soon as possible. The gym is usually available Saturdays and Sundays from 5:30-7:30 pm and during Academy breaks. Contract additional times if you like (e.g., \$75 for each 30 minutes over 90). See our website at www.HawaiiAcademy.com or phone for details. **842.5642** Ms Justine Perkins, Birthday Parties & Events Coordinator. Coach Justine runs an exceptional party program with lots of options for catered food (her masters degree is in culinary arts!).

WINTER (CHRISTMAS) SLUMBER PARTY!

20 Dec 2008 \$30 donation to equip maintenance

Saturday night 6p until Sunday 8a (dinner, breakfast, snacks, lessons, FUN included)

The biggest HA party of the year!
BRING YOUR FRIENDS (5+ yrs)

*Thanks for helping raise funds for equipment maintenance...
We have the best rebound equipment in the Pacific!*

Handspring & Flip Clinics

Our Handspring Clinics were so successful that we have added Flips Clinics and have scheduled 22 sessions on December 19, 26-30: weekdays 5-7p and 7-9p; weekends 10a-12p, 12-2p, and 2-4p. The cost is \$25/session. The clinicians are Coach Kira, Coach Mia, Coach Nani, Dr Max, Dr Mah, and guest coaches (including Olympian Makoto Sakamoto).

GIFT CERTIFICATES

A great holiday GIFT IDEA!

Custom make a gift certificate for any amount to cover tuition, special classes, clinics, workshops, slumber parties, Parents' Night Out/Fun Friday events, leotards, gym shoes, gym bags, T-shirts, caps, contracted services, concession items, ANYTHING!

Give a gift of physical activity (EDUTAINMENT).

\$5 \$10 \$50 \$100 ... any amount
Ask in our office or phone 842.5642

Reminders:

Please pay tuition before the 1st of each month (BEFORE LESSONS BEGIN).

Please consider giving HA Tuition Certificates as Holiday Gifts.

Please consider signing up for more classes per week. Skills are learned faster with the extra practice and tuition rates decrease with the number of hours you attend (\$12.50 to \$1.90/hr).

Please recommend free trial lessons to neighbors and friends. If they sign up, you can earn \$50-100.

If your picture is NOT on one of the bulletin boards, please ask for it to be taken...we need them for the yearbook.

Please remember to give two weeks written notice of discontinuation so we can adjust your billing and arrange replacement enrollment.

Pay your tuition for the entire year and get 10% off (more than one month FREE)

Please phone to schedule trial lessons or makeup classes. Do NOT just show up!

Please consider making a tax deductible Donation To Hawaii Academy before the end of the year. Pick the cause you wish to support. Our Hawaii Academy Booster Club is a 501c3 non-profit organization.



Hawai'i Academy

1314 Moonui Street
Honolulu, HI 96817 USA

Hawai'i Academy NEWSLETTER
November 2008: Volume 10, Issue 11

Items For Sale:

We sell used equipment and replace with new ... therefore, Everything in the Gym is FOR SALE.

See the NEW HA SHORTS AND CAPS

Backyard Trampoline, 7'x14' bed, \$2100 (The Best)
72-speed 4-seat BikeCar w/ Moped assist \$900
Trampolines (all sizes, budgets, and configurations)
Gymnastics Equipment (mats, bars, beams, ...)
Gym Shoes \$20, **HA Gym Bags** \$10, **HA Leos** \$20,
HA Shirts \$10-15, **HA Caps** \$10-15, **HA Shorts** \$10

See our Recycled Leotards and Gym Shoes (most are \$2-10
(Phone 808.741.2223 to inquire) We accept VISA and MasterCard.

Help Wanted:

If you are a **PLUMBER, ELECTRICIAN, CARPENTER, or Birthday Party Specialist**, please contact an HA director about work at HA.

SEAMSTRESS / TAILOR / SEWER for sewing mat covers and equipment skirting.

New Sponsors

Please support our sponsors and welcome:

AQUA RESORTS AND HOTELS

HA's host hotels for international meets and events — discount rates available — see <http://www.aquaresorts.com/> 866-406-2782

AUTO TECH SERVICE CENTER

They are across the street from our gym and do fantastic auto body work and most car care. Have an estimate done during class time. Say you are an HA member. 841.5851

Member Discounts

Pay Full Year (10% off total annual tuition)
4-Generations (All tuition is FREE)
3-Generations (50% off all tuition)
Military (20% off tuition)
HGEA Employees (10% off tuition)
Multiple Siblings (Twins, Triplets: 20% off tuition)
All Private Parties (20% off tuition)
We accept VISA & MasterCard (get your bonuses).

Hawaii Academy Departments and Programs

Physical Education & Recreation Department (85%)

Parent-Tot, Preschool, Beginner, Intermediate, Advanced, Teen, Cheer, Tumbling for Drill & Power Dance, Adult and Seniors Classes

Athletics Department (5%)

State Level Teams (non-traveling)
Pre-Elite & Elite Level Teams
Junior, High School, & Collegiate Teams
Adult & Seniors Teams

Special Events and Programs Department (5%)

Birthdays Parties & Celebrations
School/Group Excursions
Camps, Clinics & Workshops
Sport Competitions
Conferences & Seminars
Equipment & Facilities Rentals
Exhibitions & Demonstrations
Special Activities & Contracted Services
Outreach Movement Education

Dance, Martial Arts, Circus
Private Lessons

Research Department

Longitudinal Study of Fitness
Human Speed of Behavior & Mvt Control
Fitness-to-Drive (Teen & Elders)
Intelligent Assistive Technologies
Trampoline & Gymnastics Biomechanics

Clinical Services Department

Physical & Occupational Therapy
Pediatric Sports Medicine
Functional Fitness & Neuro Assessments
Rehabilitation & Personal Training

Academics Department

Member Curricula, Degrees, Certificates
Courses & Publications

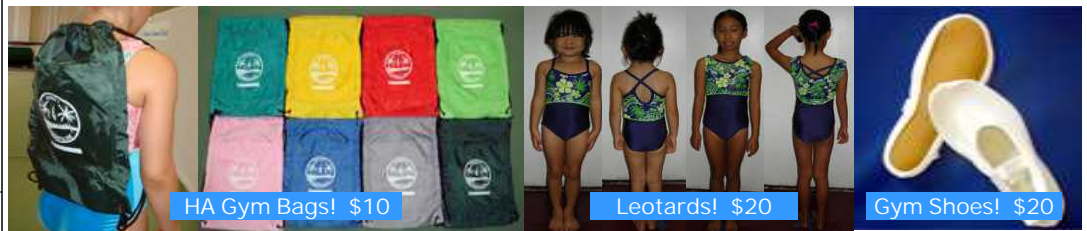
Development Department

Donations, Newsletter, Yearbook, Alumni

(see Organizational Chart on website)

A Private School for Lifetime Fitness, Gymnastics, and Human Sciences for ALL Ages and Abilities.

Sample ProShop Items — Check Out Everything That is Available



HA Gym Bags! \$10

Leotards! \$20

Gym Shoes! \$20

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USA-Gymnastics Trampoline-Tumbling Elite Program

Academy Personnel

Director	Dr Max Vercryussen
Assoc Director & Physician	Dr Donna Mah
Gym Managers (MWF/Sat)	Ms Paris Macabeo-Spahn
(Tue)	Ms Nani Vercryussen
(Thu)	Ms Joelle Perkins
(Sun)	Ms Kira Vercryussen
Secretary & Assoc Director	Ms Paris Macabeo-Spahn
Registrar	Ms Janet Onigama
PE/Recreation Department Interim Chair	Ms Paris Macabeo-Spahn
Sports Department Interim Chair	Dr Max Vercryussen
Special Events & Programs Chair	Ms Justine Perkins
Clinical Services Department Chair	Dr Donna Mah
Outreach Specialist	Mr Mike Nakashima
Custodian	Ms Valerie Mendez
Home School PE Coordinator	Mr Mike Nakashima
Birthday Party & Events Coordinator	Ms Justine Perkins
USAG TT Hawaii Chair	Ms Wendy Rosen
State Level Teams Head Coach	Coach Nani Vercryussen
Junior Teams Coach	Coach Kira Vercryussen
Traveling Teams Head Coach	Coach Kira Vercryussen
Collegiate Teams Coach	Dr Max Vercryussen
Tumbling Program Head	Mr Makoto Sakamoto

Newsletter & Yearbook

Our Newsletter is published monthly. Please give us feedback to make it a useful document. Also, please consider advertising in this valuable publication. HA's first yearbook, covering the first decade, is in development. Make sure we have each student's portrait. **Volunteers Welcome!**

NEWSLETTER ADVERTISEMENT RATE:

Ad Size	Per Issue	Per Year
1/12 page	\$85	\$ 850
1/6 page	\$125	\$1250
1/4 page	\$165	\$1650

In Memory of HA Supporters

Mr Bo Bolongan, Body Builder & Motivator
Mr Sam Nakamura, HA Seniors Program Founder
ProfDr Merrill E Nobel, Professor/Scientist
ProfDr Alan T Welford, World Scholar